Who wore it better?

Trudeaus celebrated National Aboriginal Day — in style

metroNEWS & VIEWS

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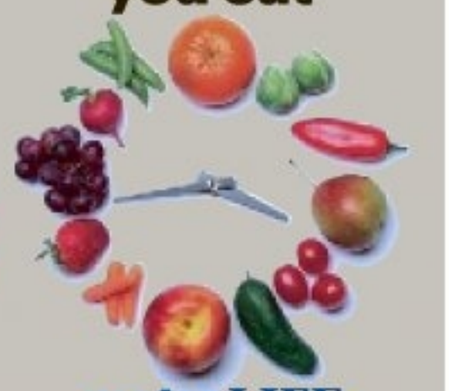

metroLIFE

WANTED

Vancouver artist Douglas Coupland launches worldwide search for Vincent Van Gogh look-alike

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ILLUSTRATION ANDRES PLANA; PHOTO GETTY IMAGES

Inner-peace officers in B.C.

RCMP

Mountie offers meditation to force to boost mental health

David P. Ball
Metro | Vancouver

The trailblazing Mountie who made history in 1990 as the first RCMP officer allowed to wear a turban is once again blazing new paths. But this time, Insp. Baltej Singh Dhillon's focus is inward.

The civil-rights pioneer is the first RCMP officer to become a certified yoga instructor, offering mindfulness meditation courses to the force's B.C. 'E' Division as part of its mental-health strategy.

"We've been at it now for a year," Dhillon said. "We've had about 500 members and staff come to the classes."

The 49-year-old veteran — who oversaw B.C.'s intelligence unit until becoming Officer in Charge of Operational Readiness and Response in March — said the type of yoga he's certified to teach, Kundalini Yoga, has a strong emphasis on meditation practices.

Known as the "yoga of awareness," Kundalini was brought to North America by Sikh teacher Harbhajan Singh. Dhillon said increasing both officers' and other RCMP staff members' awareness boosts their mental resiliency.

"We spend a lot of time working on our physical health, but oftentimes we neglect our mental health," he explained. "There are a lot of studies done that show meditation and mindfulness are great tools toward being resilient in our mental health."

But teaching officers yoga and meditation isn't just about improving self-care in the force.

Of course, just as with Dhillon's civil rights fight in the 1990s to wear his Sikh turban, or dastaar, introducing yoga in a police force known for its tough, insular culture.

"You wouldn't say the word yoga or meditation," he said with a laugh. "There were all kinds of flags it would conjure up, and ties to religion or dogma.

"But it's really a practice to manage our mental health and let go of many of the stressors that can manifest as high blood pressure, disease, depression or post-traumatic stress disorder."

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metro NEWS

Your essential daily news

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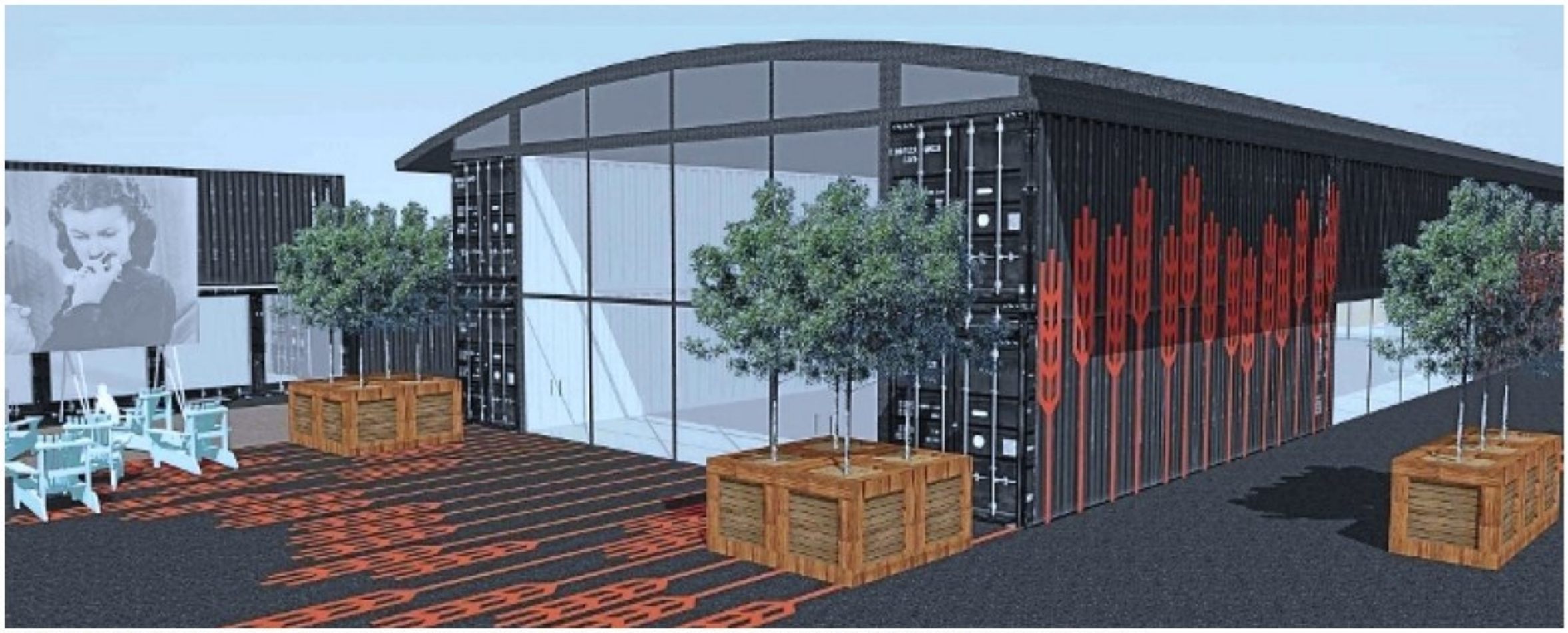

Hawkers Wharf will be built from 23 shipping containers and feature a grocery area as well as a restaurant and bar district. COURTESY HAWKERS MARKET

Food market thinks inside the box

PUBLIC SPACE

100,000-sq-ft. site to be built from shipping containers

Wanyee Li
Metro | Vancouver

A Vancouver chef and entrepreneur is creating a new public food market made out of shipping containers that aims to help customers connect with local makers of food, from farmers to chefs.

Hawkers Wharf (925 Harbourside Dr.) is set to open in North Vancouver this August and will feature a groceries area as well as a restaurant and bar district, built from 23 decommissioned shipping containers.

The project is the brainchild of Chris Jerome, founder of Hawkers Market, a series of pop-up events he describes as "underground food markets." But Hawkers Wharf will be a permanent 100,000-square-foot waterfront site and feature more than 40 food producers at any given time, said Jerome.

"They're all local businesses, they're all from Vancouver, all focused on very traceable foods," he said.

"They're encouraged to do their food in a sustainable way. That's one of the mandates of the market."

Visitors will be able to enjoy a vertical farm, tree nursery, and an edible garden as well at the wharf.

The site will also feature an incubator kitchen for chefs to connect and test out their products before bringing the product to customers. Jerome said that type of resource is sorely needed in the Lower Mainland, a region that has such high real estate prices.

"It's such a needed resource in the city where new food businesses can come and they can connect and they can learn from other cooks."

The incubator, called a co-working kitchen, will support entrepreneurial chefs who want to start their own product line.

"People looking for places to take their ideas to and then create a business out of it and then also get the customer sales and validation."

Shipping containers have been used to create housing in Vancouver, but Jerome wanted to take that idea one step further and create an entire marketplace with the modular structures. The containers are easily customizable and can suit any restaurateur's needs, whether they make tacos or pizzas, he said.

"The reason why we chose shipping containers is because these are modular template businesses that can be operated by food entrepreneurs."

Decommissioned shipping containers are also economical building blocks that are easily transportable.

"We treat them very much like Lego blocks."

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A great head for artwork

DOUGLAS COUPLAND

Quest for clone of van Gogh the first part of redhead series

Matt Kieltyka
Metro | Vancouver

Do you or someone you know look like the second coming of Dutch painter Vincent van Gogh? If so, give Douglas Coupland a call.

The renowned Vancouver-based artist and author has launched a worldwide search for van Gogh look-alikes for his latest art piece.

"I'm learning that most people have someone in their life who looks like Vincent van Gogh. It could be your next-door neighbour. It could be the guy at work. It could be you," Coupland writes.

People are asked to submit their doppelganger photos to iamvincent.com.

Coupland plans to blog at the site and share the latest entries as they come in.

The person that most closely resembles van Gogh will be given 5,000 euros and will be flown to Vancouver (with a guest) to have their head 3D-scanned so Coupland can create a two-metre-by-three-metre bronze sculpture.

Strangely, the bust will be the first of many monumental outdoor works featuring redheads.

The series, he said in a statement, recognizes "the most recent successful human mutation."

"This genetic magic is a microcosm of the way in which all life on Earth changes with time," he explains. "I'd like to trigger discussion about new relationships between science, art and globalization."

Coupland is no stranger to larger-than-life head sculptures.

He installed a seven-foot bust of himself in front of the Vancouver Art Gallery in 2014 and encouraged people to stick their chewing gum onto it.

TAKE PART

Submissions to iamvincent.com are open until Aug. 20.

A boy tries to shake off gum stuck to his foot next to Douglas Coupland's Gumhead statue outside the Vancouver Art Gallery in 2014. JENNIFER GAUTHIER/METRO FILE

MEDIA

City most bookish in nation: Amazon

Wanyee Li
Metro | Vancouver

Vancouver has more bookworms than any other city in Canada, according to Amazon.

The city topped Amazon's Canadian Cities that Love to Read list for the third time in four years.

This year, Vancouverites also purchased more business, cooking, travel, self-help and health books than any other Canadian city, according to a release from Amazon.

Burnaby, Richmond and Surrey also made appearances in the top 20.

Cities in Western Canada dominated the list, with Calgary coming in second, Saskatoon third, Edmonton fourth and Regina fifth.

Amazon used sales data of print and Kindle books from May 2015 to May 2016. The standings were calculated on a per capita basis in cities with more than 100,000 residents.

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Tough decisions ahead: Prof

EDUCATION

School closures not just about money, says ex-deputy minister

Matt Kieltyka
Metro | Vancouver

Charles Ungerleider doesn't envy the task before Vancouver School Board trustees.

The fate of 3,217 students at 12 schools is now in their hands after the district released its preliminary list of facilities that are being considered for closure before the start of the 2017-18 school year to help bridge a $27-million budget shortfall and provincial utilization goals.

While some of the schools, like Admiral Seymour (28 per cent utilization) and Dr. A.R. Lord (43 per cent) are currently facing low enrolment, Ungerleider — an education professor at the University of British Columbia and the province's former deputy minister of education from 1998 to 2001 — says the decision to close any facilities can't just be about the money.

The Vancouver School Board has identified 12 schools considered for closure.
JONATHAN HAYWARD/THE CANADIAN PRESS

"It's not going to be easy. Most parents don't know who the trustees are until their school is facing closure. They'll know them now," he said.

Ungerleider said it won't just be parents lobbying trustees to keep their children's schools open.

Former students who used to attend the schools are expected to come out in droves.

Staff also face uncertain futures and will have an interest during the trustee's consultations.

At-risk youth, students needing specialized supports and those in ministry care are especially vulnerable of having their lives destabilized by the closure of their school.

> **If it was just economics, it would be easy. But schools are not like that.**
> Charles Ungerleider

And whether they're underutilized or not, schools help form the fabric of a neighbourhood, Ungerleider said.

"That's really the challenging part for trustees," he said. "If it was just economics, it would be easy. But schools are not like that."

The Vancouver School Board is not expecting to make any decisions until December at the earliest.

Ungerleider believes the predicament is part political and part demographics (enrolment has declined while Vancouver's population has increased).

A key factor may be that Vancouver has become too expensive a city to raise a family, he believes.

HOSPITAL

St. Paul's designs up for scrutiny

The public will be able to weigh up two possible configurations for the planned St. Paul's Hospital redevelopment on Wednesday.

The preliminary design concepts, which mostly establish the orientation of the 7.5-hectare Station Street site, and staff from the city and Providence Health Care will be on hand at an open house from 4 to 7 p.m. at Thornton Park (1166 Main St.).

While not without its detractors (some, including NDP MLA Spencer Chandra Herbert, prefer the hospital's current downtown location), Dr. Jeff Pike, physician director of Providence Health Care redevelopment, said public consultations are motoring along and have been mostly positive.

"I think (public input) will gain moment in the coming months," he said.

Pike said planners hope to settle on a preferred concept plan for the site by this fall.

The new $1-billion St. Paul's Hospital is scheduled to be ready by 2022. MATT KIELTYKA/METRO

2015 highlights
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TRANSLINK

Aboriginal Day should be public holiday: MLA

HERITAGE

Province could make history by declaring an official day off

David P. Ball
Metro | Vancouver

Even though it was held midweek, Vancouver's 20th annual National Aboriginal Day celebration drew crowds to Trout Lake Park on Tuesday to celebrate indigenous culture and community.

But even more people could participate in the festivities if the day were declared a public holiday, argued Vancouver-Mount Pleasant MLA Melanie Mark.

"This should be a provincial holiday, if not a national holiday," Mark told Metro, as a procession of drummers ceremonially started the events on Tuesday afternoon.

"My daughter's here with me today because this is a day of celebration and pride. It's almost like a reunion in many ways.

"It's important because we need to celebrate each other. We have enough stories about our hardship, and reports about our horrible conditions. We also need to celebrate."

Mark — a community leader of Nisga'a, Gitxsan, Cree, and Ojibway descent — made history in February when she became B.C.'s only First Nations woman ever elected to the legislature.

Several provinces including B.C. have created a Family Day holiday in recent years in February. Manitoba allowed its citizens to vote on what the new holiday would be named, and Manitobans chose Louis Riel Day, after the Métis resistance leader and founding provincial statesman executed in 1885.

Mark said that B.C.'s government could make history too by becoming the first province to honour First Nations, Métis and Inuit residents with a holiday. The Northwest Territories is the only jurisdiction with an official holiday on National Aboriginal Day.

"It's an opportunity to lead," she told Metro. "We have Family Day, which is great and important. But they should do a survey and ask British Columbians if they think we should celebrate our indigenous people," she said.

"I think they'd say yes. Besides, who would complain about a holiday in June?"

Held since 1996 in Vancouver — located on the traditional lands of the Musqueam, Squamish and Tsleil-Waututh nations — B.C.'s National Aboriginal Day event included performances by Sister Says, Madelaine McCallum, Murray Porter, Petie Chalifoux and the Timewalkers.

Four teepees were also set up by Trout Lake to host children's programs.

Children play between teepees set up near East Vancouver's Trout Lake on Tuesday as part of National Aboriginal Day festivities. DAVID P. BALL/METRO

> They should do a survey and ask British Columbians if they think we should celebrate our Indigenous people. I think they'd say yes. Besides, who would complain about a holiday in June?
> Melanie Mark, MLA

A procession of drummers enters Trout Lake Park on Tuesday to kick off National Aboriginal Day events in East Vancouver. DAVID P. BALL/METRO

INDIGENOUS HISTORY

Bring back B.C. remains, art: Clark

Indigenous artwork, regalia and ancestral remains taken over centuries from B.C. First Nations and placed in museums, universities and private collections must come home, Premier Christy Clark said Tuesday.

Clark chose National Aboriginal Day to announce a joint government, First Nations and Royal B.C. Museum effort to repatriate aboriginal items that were removed from the province.

The premier said there is a treasure trove of artifacts and ancestral remains from B.C. First Nations scattered around the world and she wants to help get them back.

Flanked by First Nations chiefs and indigenous leaders, Clark said cultural items, of which many are human and grave remains, are trapped and crying to return to their homes.

"It is long past time that those items of such spiritual significance to First Nations in B.C. found their way home to those communities," Clark said. "It is time for those institutions that have taken them away to give them back."

Clark said when she visits museums around the world and sees B.C. aboriginal items she wonders why and how they left the province.

"First Nations in B.C. over many centuries saw grave robberies, saw ceremonial regalia, shamanistic materials, grave goods and human remains taken from their territory and their homes and (moved) into public museums, private collections and universities," Clark said.

The premier has written to U.S. President Barack Obama asking him to extend to B.C. the rights under the Native American Grave Protection Act that makes it law to return human remains.

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Tech school tries to fill skills gap

RED ACADEMY

Far more jobs available than skilled people, says founder

Wanyee Li
Metro | Vancouver

Lilla Mahilik wants to work for a Canadian or U.S. company remotely from Europe, where she plans to travel. CONTRIBUTED

The tech industry in Vancouver is growing so quickly that one actor has found a new calling — being a user-interface and user-experience visual designer.

Lilla Mahilik says the decision to switch gears was "abrupt."

"You're self-employed when you're an actor. I just really wanted something that's more reliable and can be something that I can feel creative in and be myself."

The 24-year-old enrolled in RED Academy's three-month class in user-experience design, in which people learn how to make products such as websites and apps easy and intuitive to use.

According to the school, more than 30 per cent of its students come from non-tech backgrounds. That's not surprising given the background of its founder, Colin Mansell, a classically trained baritone and pianist who founded the web-design company Drive Design.

Managers at Drive had a tough time finding people with the skills they needed, said Mansell.

"The reality is the jobs market for tech is growing 12 times faster than any other industry in Vancouver at the moment. The amount of jobs available versus the number of people available is hugely unbalanced. Lots of jobs, not enough people."

About 15,500 tech jobs in Vancouver will need to be filled by 2019, according to the Information and Communications Technology Council.

HAIR LOSS?

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"We have also made around 20k just in referral fees for Hard Money referrals"
Pending Sales - 4 Deals
On Market - 3 Deals
Deals Under Rehab - 4 Deals
Projected Profits - $2,650,000
That's 22 Deals total since they went to Bus Tour Sept 2014

MELVA & LEON

1st Property made $37,328
2nd Property made $52,865
3rd Property made $100,105
Total of $190,298 in profit in 6 months. Since then...
2 Cash Flow properties at $2,500/mth

JOHN COOKSEY

Attended Bus Tour Sept 2014
4 Properties purchased first 6 mths
1st Flip - profit $5,000
2nd Flip - profit $8,000
1 in construction - estimated profit $80,000
1 Commercial Property (4 commercial spaces, 17 residential) - estimated Cash Flow $34,000/mth
1 Purchased Duplex - $800/mth

Individual results may vary, some are better or worse because it depends on how much time, energy and money an individual puts into their real estate business. © 2016 NVCompanies. All Rights Reserved. Gifts and promotional materials may vary.

Mom urges vaccination

HEALTH

10-week-old daughter is hospitalized with whooping cough

A mother who says her baby is hospitalized with whooping cough in Victoria is warning parents who don't vaccinate their children that there can be consequences for other kids.

Annie Mae Braiden says her 10-week-old daughter has been in the pediatric intensive care unit at Victoria General Hospital for more than a month after contracting the disease.

"What you do with your kids is your choice, but do not tell me that not vaccinating your kids isn't hurting anyone but your own kids," Braiden wrote in a Facebook post that had been shared nearly 21,000 times by Tuesday.

"Isabelle is proof that it harms the other little babes who aren't old enough to get their vaccines yet."

Braiden told her story and posted photos of the tiny girl with tubes taped to her face in an emotional Facebook entry on Friday. She expects her child could be hospitalized for another two months.

Braiden, who declined an interview, said in her post that Isabelle was on a ventilator for three weeks. The girl has had to learn to eat again, and has endured withdrawals from morphine and sedatives, she wrote.

"It never crossed my mind to not vaccinate. I want to protect my children and other children," Braiden said."Please vaccinate your kids, it's not fair that my little girl is in the (hospital) coughing and not being able to breath from a disease that shouldn't be around in this day and age."

Dr. Jeff Bishop, a pediatrician who is treating Isabelle at Victoria General Hospital, said whooping cough is incredibly infectious and spreads easily through contact with anyone who is inadequately vaccinated.

"It's a hard topic. It does bring up such emotions," said Bishop, who could not speak about Isabelle's case directly for privacy reasons.

THE CANADIAN PRESS

Annie Mae Braiden's baby is hospitalized with whooping cough says her sick daughter is proof that children who are not vaccinated can harm others. THE CANADIAN PRESS

COURT

Man facing harassment and firearm charges

The former wife of a Vancouver-area man accused of criminally harassing her says she hopes the legal process he's about to go through will give her enough time to change her identity and hide.

Desiree Capuano, who lives in Arizona, said she knows Patrick Fox won't stay behind bars forever and she must do what she can to protect herself while he is in custody.

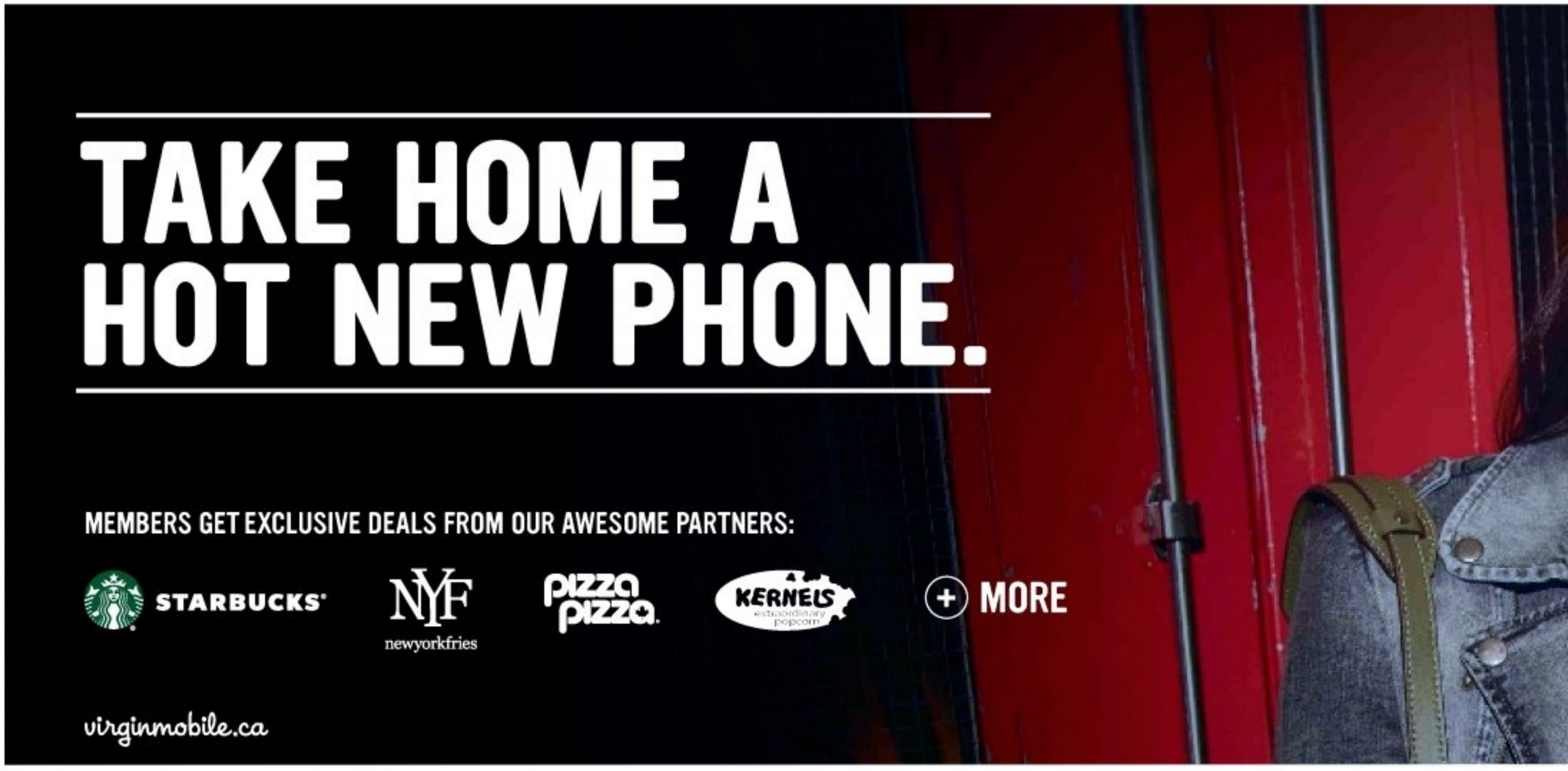
"The only chance I have of having a normal life is to disappear," she said, her voice choked with emotion.

Fox is facing three charges, including criminal harassment and two firearms offences, and appeared briefly in a Vancouver court on Tuesday afternoon.

He is also alleged to have imported or exported a prohibited firearm on May 26 or May 27 of this year.

His bail hearing was rescheduled to Wednesday.

The Burnaby resident is alleged to have created a website aimed at destroying Capuano's reputation. THE CANADIAN PRESS



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PM pays tribute to natives

NATIONAL ABORIGINAL DAY

PM bathed in smoke, before paddling in canoe in river

Prime Minister Justin Trudeau paddles in a canoe on the Ottawa River after the National Aboriginal Day Sunrise Ceremony in Gatineau, Que., on Tuesday. SEAN KILPATRICK/THE CANADIAN PRESS

Prime Minister Justin Trudeau was in vintage form Tuesday as he took part in a ceremony marking the 20th annual National Aboriginal Day.

Trudeau attended a sunrise ritual on the shore of the Ottawa River wearing moccasins and a buckskin jacket that the Prime Minister's Office said was owned by his father, the late Pierre Elliott Trudeau.

The former prime minister was known in his younger years for donning buckskin before venturing out on canoeing expeditions in Canada's far north.

As the sun rose beyond a bridge linking Quebec and Ontario, the younger Trudeau was bathed with a ceremonial smoke as part of a smudging ceremony before paddling beneath the Parliament Buildings in a 10-metre cargo canoe.

The federal government began observing National Aboriginal Day on June 21 two decades ago.

This year, the tribute in the national capital region took place outside Canada's Museum of History with several federal cabinet ministers and local MPs in attendance.

> **Their remarkable art and cultures are essential to our sense of nationhood.**
> Prime Minister Justin Trudeau

Trudeau didn't speak publicly at the event, but issued a statement in which he encouraged Canadians to learn more about the country's indigenous heritage.

"National Aboriginal Day is first and foremost an occasion to celebrate the fundamental role First Nations, Metis, and Inuit have played - and continue to play - in shaping the identity of all Canadians," the statement said.

"Coast to coast to coast, their remarkable art and cultures, significant contributions and history, are essential to our sense of nationhood."

Trudeau also pointed to a rash of recent suicides in some aboriginal communities, and the feelings of despair felt by some indigenous Canadians, as reasons for governments to "better support the well-being of children and families, improve the quality of education for indigenous students, and ensure health services meet the needs of indigenous communities."

Elsewhere in Ottawa, the Senate's Aboriginal Peoples committee opening its doors to 12 indigenous youth leaders from across Canada to hear their concerns about the future of their communities, their families and their people. THE CANADIAN PRESS

ONLINE

Kijiji ad offers to sell baby

Luke Simcoe
Metro | Toronto

Toronto police are investigating after someone posted a Kijiji ad attempting to selling a two-month-old baby boy for $600.

The ad was posted to the classified website Monday but has since been removed. The case is being handled by the police department's cyber crimes unit.

"There's a high likelihood that this is someone who thinks this is funny, but it's something that needs to be investigated," Const. Craig Brister told Metro on Tuesday.

The baby's mother died "in the process" of giving birth, the ad claims.

"I can't take care of the baby myself, so I decided to post an ad up on Kijiji. The baby is male an unnamed," it reads. "I want $600 or best offer … I just need this baby gone."

Screenshots of the ad circulating on social media evoked a strong response from users.

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This goat is munching on Canadian Thistle. HELEN PIKE / METRO

Goats get to work on pilot project

CONSERVATION

Animals offer alternative for managing invasive weeds

Helen Pike
Metro | Calgary

These aren't country goats, they're city goats — City of Calgary employees, in fact.

On Monday, the herd moved into their new urban digs and got straight to work munching locally grown, possibly organic, Canadian Thistle as part of a three-week pilot project.

The city will be seeing how the cool kids will work in managing invasive weed species the natural way: by tasting them as a snack and destroying their seeds through their digestive tracts.

"We're interested in exploring alternatives to using herbicides, for example, and we're also seeing if they can do some things for the healthy landscape as well," said Chris Manderson, urban conservation lead for Calgary Parks.

The goats are also handy to have around in hard-to access areas that are tough for maintenance equipment and personnel to reach safely.

"It makes me feel pretty happy, it's cool to see them on the landscape. It's cool to see what they do and it's just fun," said Manderson who noted he never thought he'd be holding a goat-themed press conference in his career.

> We're interested in exploring alternatives to herbicides.
> Chris Manderson, Calgary Parks

"Everybody in parks and the people walking their dogs have a big smile on their face when they see the goats."

Jeannette Hall, the master shepherd, said working with goats is a little like dealing with toddlers — and she has about 100 on her hands.

"We have dogs and horses, which are great employees, goats and a staff of three," said Hall. She said there are also volunteers who are helping the process along — and she's thankful for that.

"Getting to know your goats, they're very intuitive, so they tune into my mood."

The city is hoping dog owners can keep their pets on the leash while letting the animals do their thing.

HOCKEY HERO

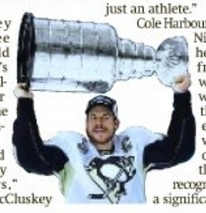
Halifax to honour Sid the Kid

Zane Woodford
Metro | Halifax

Halifax regional council wants to name something after Sidney Crosby, but it's not yet sure what.

Council voted Tuesday to ask municipal staff to write a report on whether the Forest Hills Parkway can be renamed the Sidney Crosby Parkway, but many councillors argued it would be more appropriate to rename Cole Harbour Place after Crosby, rather than the street.

The report will look at options for renaming both streets and municipal properties like Cole Harbour Place.



While they couldn't agree on what should bear Sid the Kid's name, all councillors were clear that they feel he should be honoured.

"I feel so proud to be able to say Sidney is ours," Coun. Gloria McCluskey said during the meeting.

"He's an ambassador, he's a mentor, he's so much more than just an athlete."

Cole Harbour Coun. Lorelei Nicoll said she's heard feedback from people who don't want to lose the name Forest Hills Parkway, so she's open to anything that will recognize Crosby "in a significant way."

PM David Cameron is trying to appeal to Britons considering voting to leave the EU to stay, saying **"think about the hopes and dreams of your children and grandchildren."** THE ASSOCIATED PRESS

David Beckham is voting for Britain to remain in the EU on Thursday. THE ASSOCIATED PRESS

Beckhams voting to remain in EU

UNITED KINGDOM

Referendum closing in as Cameron tries to sway voters

From the prime minister to sports and pop icons David and Victoria Beckham, supporters of Britain staying in the European Union urged voters Tuesday to think about future generations when they cast ballots in a referendum that has divided the nation.

With the black door of 10 Downing St. offering a statesman's backdrop, Cameron appealed directly to EU-wary older voters, saying that leaving the bloc would risk the country's economic security — and younger generations would have to live with the consequences.

"Do think about the hopes and dreams of your children and grandchildren," he said. "They can't undo the decision we take," he said. "If we vote out, that's it. It's irreversible."

The plea came as the already heated campaign moved into its tense final days. Opponents said the statement outside the prime minister's residence betrayed Cameron's worry that the referendum he called to settle Britain's place in Europe could end with the country walking away from the bloc.

Steve Hilton, a former Cameron adviser who now backs a "leave" vote, said Cameron had been "wheeled out by rather panicky spin doctors" to appeal for votes.

Cameron seemed to direct his appeal at those who grew up in the after-shadow of Britain's imperial period, in a nation that had stood against Nazi tyranny during World War II. Polls suggest these voters, many of them Conservatives, are more likely than younger Britons to reject the pan-European EU project.

Cameron tried to assure them that Britain remains a great country — even if it is part of a 28-nation bloc — and that being in the EU allows the country to promote the values it holds dear.

> We should be facing the problems of the world together and not alone.
> David Beckham

"Brits don't quit," he said. "We get involved, we take a lead. We make a difference. We get things done."

Cameron acknowledged that many Britons didn't vote for him and don't like him.

The "remain" camp also got a boost when soccer star David Beckham and his wife Victoria joined the EU cause.

"For our children and their children, we should be facing the problems of the world together and not alone," he said.

THE ASSOCIATED PRESS

U.S. SENATE

Obama denounces gun deal failure

President Barack Obama is denouncing the Senate's failure to pass gun control measures in the aftermath of the mass shooting in Orlando, Florida.

Obama says on Twitter that the Senate failed the American people and that gun violence requires more than moment of silence. The White House has said previously that tweets from his account are from Obama himself.

White House spokesman Josh Earnest says the vote is "a shameful display of cowardice" He told CNN on Tuesday that the Republican-led chamber's blocking of four gun control proposals Monday does nothing to keep extremists from acquiring guns.

Earnest said lawmakers lament gun violence but "don't do anything about it." He said that while no bill can prevent all gun violence, "why wouldn't we do more?" THE ASSOCIATED PRESS

Barack Obama GETTY IMAGES

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Iraqi forces don't control all of Fallujah

IRAQ

Most of cleared terrain in south of city, U.S.-led coalition says

Only a third of Fallujah has been "cleared" of Daesh militants, the U.S.-led coalition said Tuesday, days after the Iraqi government declared victory in the city west of Baghdad, which was held by the extremists for more than two years.

Other parts of the city are "contested," said U.S. Army Col. Christopher Garver, the Baghdad-based spokesman for the coalition, with clashes underway between Iraqi forces and Daesh fighters. Most of the cleared terrain is in the south of the city, and "clearing operations continue outward from the city centre," Garver added.

Iraqi forces pushed into the centre of Fallujah on Friday, retaking a government complex and the central hospital. That evening Brig. Gen. Haider al-Obedi, with Iraq's special forces, told The Associated Press his troops controlled 80 per cent of the city.

Iraqi Prime Minister Haider al-Abadi said Friday that Fallujah had "returned to the embrace of the nation," and that remaining Daesh pockets would be "cleaned out within hours."

But in recent days there have been persistent clashes between Iraqi forces and Daesh fighters holed up in dense residential neighbourhoods along the city's northern edge.

"What it looks like is (a Daesh) defensive belt around the city with not-as-stiff defences inside," Garver said.

THE ASSOCIATED PRESS

Iraqi government forces hold a position southwest of the city of Fallujah, near Amiriyiah al-Fallujah, on Tuesday. AFP/GETTY IMAGES

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Pension deal came together quickly

Finance Minister Bill Morneau ADRIAN WYLD/THE CANADIAN PRESS

RETIREMENT

In terms of policy-making, change was in blink of an eye

In two and a half years, Canadians will gradually start paying more premiums into the Canada Pension Plan.

In several decades, supporters say the "historic" CPP deal reached Monday between Ottawa and most provinces will boost retirement security for future generations.

But by policy-making standards, the agreement-in-principle happened in the blink of an eye.

Even the federal finance minister, a pension expert, had given himself until the end of the year to finish up negotiations.

Instead, the provinces are now being asked to finalize an agreement by July 15 that will eventually increase contributions and retirement benefits through the public plan.

Following weeks of talks and an all-day meeting in Vancouver on Monday, finance ministers emerged with the agreement-in-principle.

Even provinces such as Saskatchewan and British Columbia, which had expressed concerns about the timing of CPP reform, had signed on. Only Manitoba and Quebec declined to agree to the terms.

The agreement came together as pollsters pointed to overwhelming popular support for public pension reform.

The federal Liberals ran on platform to upgrade the public pension system, as did their Ontario cousins.

THE CANADIAN PRESS

COFFEE

Latte lawsuit will proceed, judge says

A federal judge is allowing the bulk of a lawsuit accusing Starbucks of systematically underfilling lattes to move forward.

Two California residents are suing the coffee chain, claiming that Starbucks lattes are only filled to about 75 per cent of the cup's capacity.

The lawsuit says Starbucks instituted a recipe in 2009 to create smaller lattes in order to save money on milk.

Starbucks spokesman Reggie Borges says that the company believes the lawsuit is "without merit" and it will be prepared to defend itself in court. He says if a customer is unhappy with their beverage, Starbucks "will gladly remake it." THE ASSOCIATED PRESS

INTERNET

New editions make you jump for emojoy

A face representing "rolling on the floor laughing" and a hand taking a selfie are among 72 new emojis that will soon make their way to your smartphone.

The California-based Unicode Consortium, which controls emoji standards, has released a list of the new characters. Other highlights include emojis representing a pregnant woman and Mrs. Claus.

One proposed emoji that didn't make the cut is that of a rifle. The weapon was proposed as part of a group of emojis representing Olympic sports ahead of the upcoming Games. Buzzfeed News reports that both Apple and Microsoft argued against including the rifle. THE ASSOCIATED PRESS

TECHNOLOGY

Tesla Motors trying to rule over the sun

Electric car maker Tesla Motors wants to buy solar panel maker SolarCity for up to $2.8 billion US in an attempt to create a one-stop shop for cleaner energy as consumers become more concerned about fossil fuels harming the environment.

The all-stock bid announced Tuesday values SolarCity Corp. at $26.50 to $28.50 per share, depending on a review of the company's books.

SolarCity's stock surged $3.31, or 16 per cent, to $24.50 in after-hours trading following the announcement of the deal. THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Wednesday, June 22, 2016

ROSEMARY WESTWOOD ON HOW TO BE A WIFE

SO NOW WHAT WILL 'I DO'?

I've spent my adult life identifying as an uncompromising feminist, but in preparing for marriage and its innumerable compromises, I'm forced to figure out how to pick my battles

It's a strange thing to be on the brink of "wife."

Over the last two years, as I have fallen in love and become engaged, I've had to face the idea of marriage, an institution which, though released from its former function as a means of owning a woman or legally raping her, remains awkward for the liberated woman.

There seem to be three in this relationship: Myself, my fiancé, and my feminism. And while the latter played a clear and dominating role when I was a single woman, it has seemed unequipped for — even hostile to — love.

That has sparked a genuine period of panic and doubt: How does one square her feminism with "the wife"?

Statistics don't help. Excerpting her new book, All the Single Ladies, in New York magazine this spring, Rebecca Traister detailed how married women's earnings in the U.S. trail single women's by a wide margin. In Canada, married men outearned married women by nearly $20,000 on average in 2008. And for couples with kids, even when both parents are working, Canadian women in 2010 were spending at least 20 hours a week more than men on unpaid child care.

This is not far from where we were a decade ago. In 2004, in her book The Meaning of Wife, the writer Anne Kingston described how wifeliness remained a useful tool to define women, and to shame and coerce them into socially acceptable roles.

"A lot of the themes haven't really changed, in fact they've kind of amplified," Kingston told me recently during a chat for my new podcast, called Nth Wave. Among them: The wedding-industrial complex, which sells marriage as a woman's ultimate dream; the battle over women's unpaid and undervalued domestic work; and the denunciation of singleness as innately selfish. Never mind the new era of fetishized kept women. "I couldn't have imagined the Real Housewives franchise," she said with a laugh.

Kingston told me that when she was writing the book she was really fascinated by what she saw as a calcified notion of what a wife was.

"Women I knew didn't want to become wives, wife was a dirty word, yet at the same time most women became wives and are wives."

Around that time, I was graduating high school and heading to university. I had been assuming feminism was a dead cause, as I foolishly told one professor. It's a story I think of often, because of how unnervingly little I knew about what I didn't know.

My professor was nonplussed, responding with something to the effect of, "Just you wait," and planting doubt. In one political science course, feminist theory took up a thin, measly chapter, and I noticed. In third year, I took a queer studies class that sent me into furious debates with my poor father, whom I forced to be a foil for the epiphanies tossed out in class.

I had been that girl who fought boys on other girls' behalf, and I became that woman who took every chance to fight what I saw as the patriarchy.

In my ensuing years as a single feminist, it was me-against-the-world, and I never noticed how often feminism itself was framed in that hyper-individualized, confrontational way.

The message was always to guard against lurking sexism. To expect to not only to fight for your own place it in the world, but also to then defend it fiercely. To not give an inch — let alone your whole self.

A marriage, however, can't operate like a war zone. Giving in, even giving up, will be required, because it's a community.

And feminism, particularly the form of it that's ascendant in our society right now, focused as it is on fighting poverty and sexual violence and illuminating the intersections of race and class, doesn't offer much help.

The very word, "wife," as Kingston said during our conversation, still holds that "beta" connotation. And as I set out to become one, what concerns me most is how I might, somewhere down deep, believe in that connotation myself.

What does an "equal" marriage even look like? And if the women at Harvard, and women everywhere really, could enter into relationships expecting equality and then still find that they make less money, do far more chores or end up with half-realized careers — how could I possibly assume I'd escape the same fate?

Perhaps I won't. But there are opportunities in intimate life. I can't fix societal expectations. But I can influence the structures of my own marriage.

It's an act of faith and hope I'm willing to take, for love. I believe I can choose my own definition of wife. I can imagine a more egalitarian family.

Others already are. This week, the Journal of Marriage and Family released details of a new study that found couples with a "more egalitarian division of labour" have more sex.

Here's hoping equality always feels that good.

Search for 'Nth Wave,' Rosie's new podcast about women and the media, on iTunes, Stitcher and Soundcloud.

There are opportunities in intimate life. I can't fix societal expectations. But I can influence the structures of my own marriage.

Metro POLL
The battle of the buckskins

Early Tuesday morning, Prime Minister Justin Trudeau participated in a canoe ride wearing a buckskin jacket that the PMO said belonged to the PM's father, Pierre Trudeau. The elder Trudeau, we scarcely need remind you, made a signature out of the buckskin look: The image of Pierre rocking tan fringe while paddling a canoe on some remote Canadian waterway is this country's answer to John F. Kennedy and his family at the compound in Hyannis Port. Political considerations aside, we left it to you, the readers, the settle the equally important sartorial question.

We asked: Who wore the buckskin better?

70%: Pierre
He's the OG. Justin's nothing but a damswagger jacker.

30%: Justin
He took an already great look and added great hair.

Justin hasn't found his swagger yet

Justin is very open and adorable...he looks great in anything he wears!

PT was a hard act to follow but JT is the best of both his parents.

Pierre is just doing it. Justin's is a self-conscious photo op.

Look at the way Pierre is wearing it ... with style! The jacket isn't wearing him, he's wearing the jacket!

Most of us can never live up to our dads. No matter how hard we try.

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Your essential daily news

GoT fan site Watchers on the Wall will host three-day fan convention in Nashville next summer

SHOW YOUR PRIDE TASTE THE RAINBOW

There are more ways to "taste the rainbow" than with a package of vending machine candy. Why not a bagel? Or on the top of a morning latte? Yes, LGBTQ Pride season is in full swing across Canada, with Vancouver's Pride Parade taking place July 31, but that doesn't mean you can't enjoy these colourful treats all year long. Here are a few to inspire you. TORSTAR NEWS SERVICE

1 Bagels

New York's The Bagel Store unearthed the rainbow food trend this year when it went viral online for the "rainbow bagel." Owner Scot Rossillo and his team flatten neon-coloured mounds of dough on top of each other, then slice and roll them into bagel circles. Earlier this year, The Bagel Store was selling up to 800 of the brightly coloured bagels each day. Inspired by the success of its fellow bagel maker to the south, Montreal shop REAL Bagel Inc. now serves rainbow bagels, too. And on the west coast, Vancouver's Rosemary Rocksalt is adding colour to its repertoire.

4 Grilled cheese

Forget bottled food colouring. The chefs at Grill My Cheese in London, England, opt for beetroot, arugula, roasted onion, goat cheese and truffle oil to make their oozy rainbow grilled cheese.

2 Lattes

Caffeinate with some flare and order some rainbow latte art, colourful designs made with food dye added to steamed milk. Stuart Ross of Bull Dog Coffee near Church and Gerrard streets in Toronto has been pouring colourful flowers and hearts since April, inspired by Las Vegas coffee shop Sambalatte.

3 Cake

Cake is a Pride staple. Wanda's Pie in the Sky on Augusta Ave. in Toronto will be offering rainbow cakes and cupcakes at its Kensington Market shop. The treats, dressed with sprinkles and covered in a white buttercream frosting or chocolate ganache, have seven layers, each with a different flavour and colour. Want to try making it at home? MarthaStewart.com has a great recipe for a six-layer rainbow cake with a buttercream ice cream.

5 Hot dogs

Throw a sausage fest with a dough-wrapped hot dog rainbow. Blogger Beth Jackson Klosterboer with Hungry Happenings covered diced hot dogs in Pillsbury croissant dough sheets brightened with food colouring. She curled the rows into a rainbow shape and put a "pot of gold" dish of mustard at the end.

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If You Bought Sylvania Automotive Lighting You Could Get Money from a Class Action Settlement

Detailed information and updates are available on the Settlement Website:

www.autolightclaims.ca

A proposed Canada-wide Settlement has been negotiated in class actions relating to the marketing and sales of Osram Sylvania Premium Automotive Lighting. If approved by the Courts, this Settlement will provide benefits to purchasers of the following "Covered Products":

SilverStar ULTRA, SilverStar, XtraVision, or Cool Blue replacement headlight capsules	SilverStar, XtraVision, or Cool Blue sealed beam headlights	SilverStar fog or auxiliary lights

ARE YOU INCLUDED?
You may be a Class Member if you purchased a Covered Product in Canada from September 22, 2005 until December 31, 2014.

WHAT IS THIS CASE ABOUT?
The lawsuits claim that Osram Sylvania, Inc., Osram Sylvania Products, Inc. and Osram Sylvania, Ltd. ("Sylvania") misrepresented that certain replacement automotive lighting is brighter, provides a wider beam and allows drivers to see farther down the road than standard halogen lighting. It also claims that Sylvania omitted material information regarding the reduced life of the replacement lighting. Sylvania denies that it did anything wrong. The Courts did not decide which side was right. Instead, the parties have decided to settle.

WHAT DOES THIS SETTLEMENT PROVIDE?
A Settlement Amount of not less than CDN $1,150,000 (the "Settlement Fund Minimum") and not more than CDN $1,750,000 (the "Settlement Cap Maximum") is intended to pay claims to eligible Class Members, Notice Costs, Claims Administration Fees and Expenses, Class Counsel Fees and Expenses, and Honorarium Awards to the Representative Plaintiffs. In addition, Sylvania has also modified certain product(s) packaging. Full details about the Settlement are available on the Settlement Website at **www.autolightclaims.ca**.

WHAT TYPE OF COMPENSATION CAN YOU RECEIVE?
Individual Class Member may qualify for Compensation for one of the following, irrespective of how many products have been purchased:

Covered Products	Initial Amount	Maximum Amount
SilverStar ULTRA, SilverStar, XtraVision, or Cool Blue replacement headlight capsule	$12.00	$24.00
SilverStar, XtraVision, or Cool Blue sealed beam headlights	$12.00	$24.00
SilverStar fog or auxiliary lights	$12.00	$24.00

For each Claimant who submits a valid Claim, payment as described above will be issued†, so long as providing such Compensation does not exceed the Settlement Cap Maximum. If providing each Claimant with such Compensation will exceed the Settlement Cap Maximum, then in such circumstances each Claimant's Compensation shall be reduced on a pro-rata basis.

HOW DO I ASK FOR A PAYMENT?
To receive Compensation, eligible Class Members must submit a Claim Form to the Claims Administrator through the Settlement Website, by email, or by mail. The Claim Form only takes 3-5 minutes to complete. No proof of purchase is necessary.

WHEN SHOULD I MAKE A CLAIM?
Immediately - the Claim Form is already available on the Settlement Website at **www.autolightclaims.ca** or you can obtain one by contacting the Claims Administrator at 1-855-745-7374. You should act as quickly as possible, ideally you should do so before the date of the Settlement Approval Hearings, which will further extend the deadline. A definite Claim Deadline will be set if and when the Settlement is approved by the Courts. Please consult the Settlement Website for an update of the delays that will be set by the Courts.

WHAT ARE YOUR OPTIONS?
If you are a Class Member, you may (1) send in a Claim Form; (2) object to the settlement; (3) exclude yourself (Opt-Out); or (4) do nothing.

If you don't want to be legally bound by the settlement, you must opt-out. To do so, you must complete and submit an Opt-Out Form to the Claims Administrator. The manner in which you opt-out is available on the form found on the Settlement Website; the delay to do so will be set by the Courts. Residents of Quebec must in addition give notice to the Clerk of the Superior Court of Quebec. Anyone who opts out cannot object to the Settlement, will not be bound by the Settlement Agreement, and will not be eligible to claim benefits under the Agreement, but may be eligible to pursue an individual claim.

To object to or to make representations regarding this proposed Settlement, you must attend one of the Settlement Approval Hearings. You should also notify the Claims Administrator in writing through the website, by email or by mail at least 15-days before the hearing and provide your reasons summarily.

WHEN AND WHERE WILL THE COURTS DECIDE TO APPROVE THE SETTLEMENT?
The Ontario Superior Court of Justice and the Superior Court of Québec will hold hearings to consider whether to approve the Settlement. Each of the Courts must be satisfied that the Settlement is fair, reasonable and in the best interests of Class Members.

Settlement Approval Hearings have been scheduled as follows:

Ontario Action (for Canadian residents other than Quebec) – August 31, 2016 at 9:30 A.M. at the Courthouse located at 1023 King St., L'Orignal, Ontario.
Quebec Action (for Quebec residents) – August 30, 2016 at 9:15 A.M. at the Montreal Courthouse located at 1 Notre-Dame St. East, Montréal, Québec.

Please check the Settlement Website to confirm these dates, as they are subject to change. You do not have to attend the hearings but you may do so if you wish. However, you must do so if you wish to object or make representations regarding the Settlement.

WHEN WILL I BE PAID?
Cheques will only begin to be mailed to eligible Class Members for Compensation at the earliest starting on **January 29, 2017**, assuming that the Settlement is approved and that such order/judgment has become final and binding.

HOW CAN I GET MORE INFORMATION?
This Notice summarizes the proposed Settlement. More details are in the Settlement Agreement. You can get a copy of the Settlement Agreement and detailed information on how to obtain or file a Claim, Opt-Out or Object on the Settlement Website at **www.autolightclaims.ca**. For any other information, please contact the Claims Administrator at:
Bruneau Group Inc.
Nelson P.O. 20187 – 322 Rideau St., Ottawa, Ontario K1N 5Y5
Tel: 1-855-745-7374 Email: **info@autolightclaims.ca**

WHO REPRESENTS ME?
Class Counsel, or the law firms representing the Plaintiffs, are the following:
Consumer Law Group P.C.
251 Laurier Ave. West, Suite 900, Ottawa, Ontario K1P 5J6
Email: jorenstein@clg.org
Consumer Law Group Inc.
1030 rue Berri, Suite 102, Montréal, Québec H2L 4C3
Email: agrass@clg.org

The Courts will also consider a request from Class Counsel for counsel fees, disbursements and taxes. Class Counsel has pursued this lawsuit wholly on a contingency basis and has agreed that they would only be paid their legal fees if there was a Settlement or recovery following a successful outcome. They will seek approval from the Courts of $525,000 plus applicable taxes, which will be paid for from the Settlement Amount. The Plaintiffs will also seek honorarium payments of $5,000 each.

To remain updated and to find out the deadlines to file a claim or opt-out, please consult the Settlement Website.

This Notice has been approved by the Ontario Superior Court of Justice and the Superior Court of Québec.

† less the withholding owing to the *Fonds d'aide aux recours collectifs* (for Quebec residents only and if applicable).

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Side salads

These sides are summer staples — but there's only one you should be packing for your picnic!

PICK THIS

Ziggy's Oil and Vinegar Coleslaw, 1 cup

Calories 220
Fat 7g
Saturated Fat 0.6g
Sodium 560mg

SKIP THIS

Ziggy's Potato & Egg Salad, 1 cup

Calories 400
Fat 24g
Saturated Fat 4g
Sodium 720mg

HERE'S WHY

Equivalent to two Arby's Regular Roast Beef Sandwiches in fat.

These salads are classic pairings for burgers and hot dogs at summer BBQs. As tasty as a creamy potato salad is, it's one to skip — the mayo-based dressing packs on the fat and calories; it also won't last long in the summer heat. When picking a coleslaw, make sure it's in an oil & vinegar-based slaw. This way you're only getting a third of the fat and about half the calories.

It's not what you eat, it's when

NUTRITION

New research points to the problem of 'social jetlag'

Genna Buck
Metro Canada

Studies suggest people who eat three square meals a day — a hearty breakfast and a lighter lunch and dinner — are at a lower risk of obesity. ISTOCK

You grab a granola bar on the way out the door, eat a yogurt instead of lunch, then finally tuck into a proper dinner and half a bag of chips after you stumble home at 9 p.m. Sound familiar?

Irregular eating patterns because of busy, unpredictable work and school schedules are a reality for many across the Western world, including Canadians.

They may be causing "social jetlag": disturbances in the internal body clock, also called the circadian rhythm. Many processes your body uses to break down and use energy from food are part of the circadian clock, following a predictable daily cycle.

New research suggests messing with that cycle — by eating and sleeping willy-nilly — could be a recipe for health problems.

Two papers published Tuesday in the journal Proceedings of the Nutrition Society collect past studies about how the timing of meals throughout the day affects overall health.

One looked at the impact of erratic eating on heart health and metabolism. The other investigated how the timing of meals impacts people's ability to maintain a healthy weight.

The conclusions were tentative. More research is needed. But the findings boil down to this: Some old-fashioned nutrition wisdom dispensed by grandmas everywhere turns out to be right.

Firstly, three square meals a day might just keep the doctor away. Two studies that randomized participants to either an irregular or regular diet found the regular eaters had lower peak insulin and lower 'bad' cholesterol, indicators of heart health.

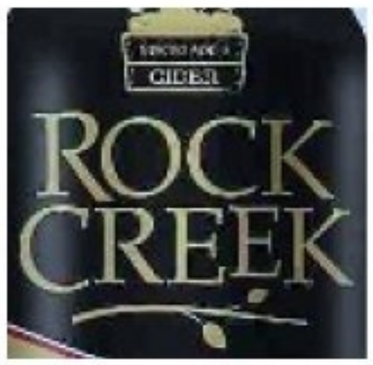
Secondly, according to nutrition scientist and study author Gerda Pot, "There seems to be some truth in the saying 'Eat breakfast like a king, lunch like a prince and dinner like a pauper": Studies suggest a clear link between obesity and consuming more calories later at night.

In the U.K. and U.S. — global obesity hotspots — most people increase their calorie intake through the day. The slimmer French tend to eat larger lunches and small dinners.

The collected studies also contained no evidence that eating small meals throughout the day, a common dieting tip, reduces obesity. In fact, it seems the opposite is true. So science says we should eat fewer meals, on a regular schedule, and get more of our calories earlier in the day.

5 CIDERS TO QUENCH YOUR SUMMER THIRST

What's old is brewed again: The drink of summer 2016 has a very 1716 feel to it. Humble apple cider, the brew of choice during Canada's pioneer days, is back in a big way. The naturally gluten-free fermented fruit drink, often called hard cider in North America, is hydrating, bubbly and slightly sweet. Here are five rising cider stars. **GENNA BUCK/METRO** GENNA.BUCK@METRONEWS.CA



1 Rock Creek Dry Apple Cider

From: Alberta
Alcohol: 5.5%
This fruity, fragrant, not-too-bubbly cider is a favourite on the west coast and the Prairies. Its notes of vanilla and cinnamon pair perfectly with cheeses like cheddar, gouda and brie and the smoky flavours of pulled pork or sausages.

2 B.C. Tree Fruits Apple&Hops

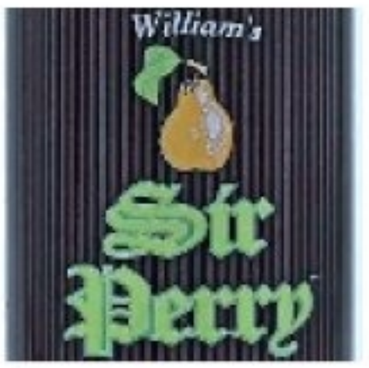
From: B.C.
Alcohol: 6%
This rising star from B.C. is hopping on the trend of adding hops to cider for a fusion of bitter beeriness with sweet cider taste. It's dry and tart with a creamy gold colour and hints of grapefruit.

3 Pommies Dry cider

From: Ontario
Alcohol: 5%
Pommies is a light, crisp refreshing summer alternative to white wine or coolers. It goes down easily with summer fruits and makes an intriguing addition to a bellini with your favourite cognac-based fruit liqueur.

4 Brickworks Queen Street 501

From: Ontario
Alcohol: 5%
As Toronto's Brickworks Cider-house was recently bought by the big-box Canadian Mill Street Brewery, this slightly sweeter cider is showing up in more stores than ever. Its flavour, with notes of honey, is perfect for summer sipping on the patio and makes a refreshing alternative to dessert wine.



5 William's Sir Perry Pear Cider

From: U.K.
Alcohol: 6%
Don't like them apples very much? Try a fruity import from across the pond. Very bubbly and fairly sweet, this pear cider with hints of peach and apple tastes best over lots of ice.

CIDER'S SWEET RISE

"Cider is in this perfect position between craft beer and wine," said Thomas Wilson, chair of the Ontario Craft Cider Association.

Wine is too strong for many, he said, and beer makes a lot of people feel bloated. But cider hits that sweet spot, clocking in between 3 and 10 per cent alcohol by volume.

Sales of craft cider have grown by 54 per cent over the past year just in Ontario. For a long time, cider just wasn't cool. "It was what farm workers drank after work," Wilson said. Now the trend's reversed. "People are getting away from fine dining," Wilson said, in favour of "pub peasant food" that goes great with cider.

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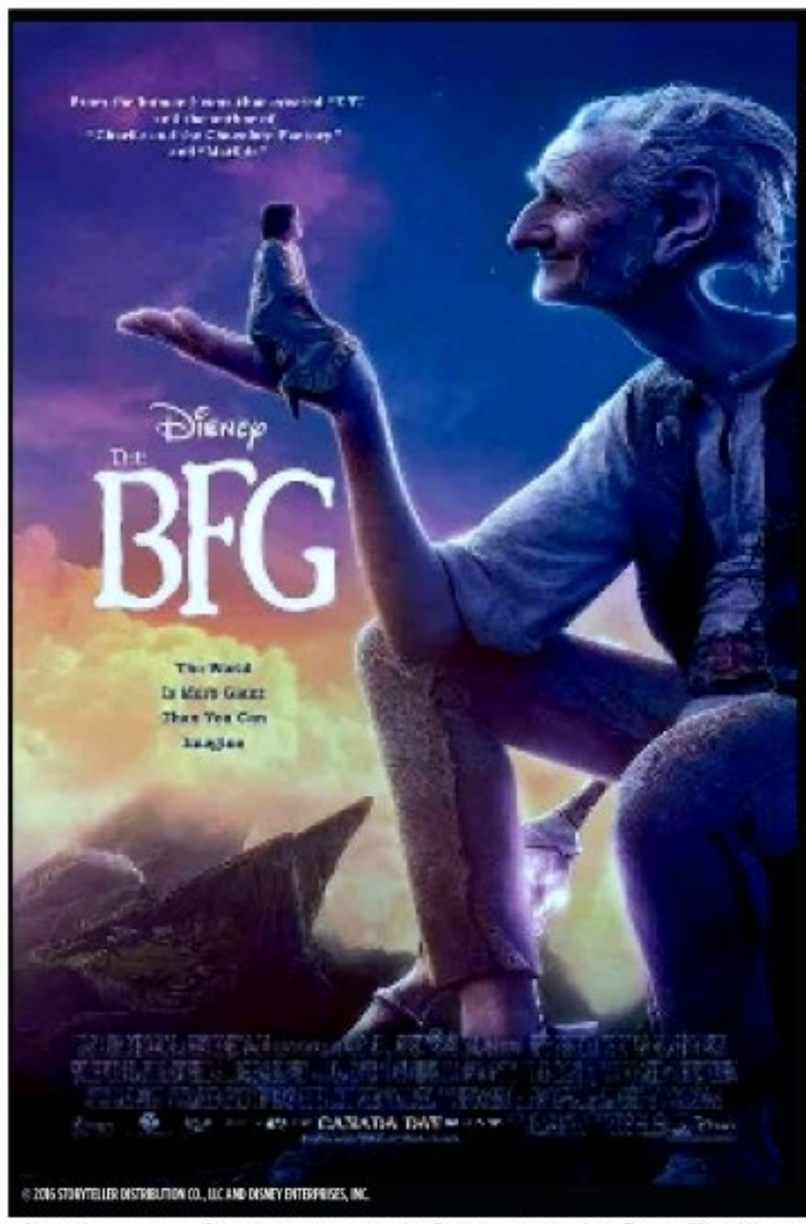

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Toyota named as most valuable car brand by BrandZ study

Limited edition blue-jean baby

ALL PHOTOS MIKE GOETZ/FOR METRO

REVIEW

Beetle Denim channels the 1970s

Mike Goetz
For Metro Canada

You're just heading out in your Canadian Tuxedo, a.k.a. blue jeans paired with a denim jacket, but something's wrong. You're thinking maybe you need more cowbell, but that's not it. Then it dawns on you. You have a fever, and the only prescription is more denim!

Enter the special edition 2016 VW Beetle Denim. Just what the doctor ordered.

It may not have actual denim anywhere near it, but the spirit of the fabric is what it's all about.

Witness the Stonewash Blue Metallic paint job, the convertible top and seat covers that mimic the look of denim, seatback pockets that look like the pockets on your favourite pair of jeans (right down to the red tab), and the colour co-ordinated "brushed aluminum" look dashboard.

The exterior has been tweaked to take you back to that groovy time back in 1970s, when denim ruled every-day fashion, like a casual dictator.

Check out those '70s-era "dog dish" wheels.

All this extra nostalgia plied on a nameplate already rampant with nostalgia could have been a kitschy disaster, but the Denim is one of the best looking "new" Beetles models out there, at least to these eyes, and to the eyes of my significant other, who is usually ambivalent about any vehicle design, no matter what the vehicle genre or price point. ("That? That costs eighty grand? No thank you.")

Underneath the denim treatment is a standard VW Beetle convertible, and that means a decent, but not an overwhelming driving and handling experience, a pretty tight rear seat, restricted rearward vision, and a very small trunk, which is further compromised by its responsibility to house the back cover that goes over the roof when it's down.

The seats are very comfortable and supportive, and the new touch screen, rear camera, and apps for Android Auto and Apple Car Play, give the Denim a very modern and classy feel behind the wheel.

The new powertrain is also very refined and slick, although some launches came with a nagging dead spot, until the motor and auto transmission figured out what to do.

The Denim is meant to be a fun, and the fun goes up several notches whenever you press the button that powers the roof down — in less than 10 seconds.

When it's that easy and quick to get the roof down and up, you'll surely do more open-air motoring than you would otherwise.

Like jeans, convertibles never seem to go out of style and always put you in a good mood. Put the two together and how can you lose?

THE CHECKLIST | 2016 VW BEETLE DENIM

THE BASICS

Type. Two door, FWD, compact convertible
Engine (hp). 1.8 L turbocharged I4 (170)
Transmission. Six-speed automatic with Tiptronic
Base Price (not including destination). $29,350

POINTS

- Available in Pure White and Stonewashed Blue Metallic.
- Just 143 allocated in Canada for 2016, and then that's it — no more Denim Convertibles. A limited-edition Denim Sedan arrives in 2017.

3 BRANDS MOST POPULAR WITH THE YOUNGER BUYERS

According to data from IHS Automotive, the Subaru WRX has the highest mix of millennial buyers overall. But which brands have the most millennial buyers? You might be surprised at some of the answers. **JASON SIU/AUTOGUIDE.COM**

1 Dodge

The most popular automaker among millennials isn't Chevy or Ford, but Dodge. Last year, 15.8 per cent of its sales went to younger buyers.

2 Mitsubishi

Younger buyers account for 15.3 per cent of Mitsubishi sales. While on the face of it this news may seem surprising, smaller models like the Mirage and the 2017 Mitsubishi Mirage G4, which debuted in New York earlier this year, tend to appeal to a younger demographic.

3 Mazda

Mazda is zoom-zooming its way into young buyers' hearts, with the Japanese automaker coming in third place with 15.2 per cent of its sales going to those between 18 to 34.

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Time: 3pm – 7pm
Location: 550 Terminal Avenue, Vancouver

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5691 Parkwood Way, Richmond I D#6278
Open Sunday: 11am – 5pm

metro SPORTS

Georges St-Pierre says he's ready to end his near three-year hiatus from the octagon, though details still need to be ironed out with UFC

COPA AMERICA

Messi, Argentines toy with Americans

Lionel Messi GETTY IMAGES

Lionel Messi was too much for the United States to contain.

The five-time world player of the year set up Ezequiel Lavezzi's opening goal in the third minute, then scored on a free kick to break Argentina's career scoring record and assisted on the final goal in a 4-0 rout of the U.S. on Tuesday night that put La Albiceleste into the Copa America final.

"This was the goal when we got here, to play another final and we made it," Messi said. "We've been spectacular from day one and we deserved this."

After Messi doubled the lead in the 32nd minute with his 55th international goal, his tournament-leading fifth, Gonzalo Higuain quickly ended U.S. comeback hopes when he put the rebound of his initial shot past goalkeeper Brad Guzan in the 50th. Higuain scored off a Messi pass in the 86th.

Argentina will seek its first major title since the 1993 Copa — and its first since Messi's debut in 2005 — when it plays Chile or Colombia on Sunday in East Rutherford, N.J.

"That's what we hope and what we want, to finally achieve that," Messi said. "We deserve it, for all the good work we've been doing all these years."

THE ASSOCIATED PRESS

UFC

MacDonald falls to No. 2 in rankings

Stephen (Wonderboy) Thompson has replaced Rory (Red King) MacDonald as the UFC's No. 1 welterweight contender after his weekend win over the Canadian.

MacDonald (18-4-0) fell to No. 2 in the rankings.

Thompson (13-1-0) won a unanimous five-round decision over MacDonald, a native of Kelowna, who fights out of Montreal, on Saturday in Ottawa.

MacDonald's future with the UFC is uncertain given the Thompson fight was the last on his current contract. He may also need surgery to repair a broken nose. THE CANADIAN PRESS

IN BRIEF

NHL salary cap rises to $73M

The salary cap for the 2016-17 NHL season will be $73 million, up from $71.4 million.

The league and NHL Players' Association announced the cap number Tuesday night.

The cap floor, or the minimum amount a team can spend, is $54 million. It was $52.8 million last season.

The Canadian dollar was one reason why league revenues sagged, preventing a larger cap increase.

THE ASSOCIATED PRESS

Brazil urged to implement large-scale security now

After two members of the Australian Paralympic sailing squad were robbed at gunpoint, Australia's Olympic team leader is urging Brazilian authorities to implement Olympic-scale security now in Rio de Janeiro "before an athlete gets hurt."

An estimated 85,000 police and soldiers will be patrolling the streets during the Olympics and Paralympics.

THE ASSOCIATED PRESS

Atomic Ant marches TFC over Whitecaps

CANADIAN CHAMPIONSHIP

Vancouver trails by a goal heading into second leg

Advantage Toronto FC going into the second leg of the Amway Canadian Championship final.

But only just. And it took a while for Toronto to hit high gear at home in a 1-0 win over the Whitecaps before an enthusiastic crowd of 20,011 on a beautiful Tuesday evening at BMO Field.

FIRST LEG In Toronto

TORONTO FC	WHITECAPS FC
1	0

Toronto FC goalkeeper Clint Irwin tips the ball over his net after a header from the Whitecaps' Kendall Waston, bottom, in Toronto on Tuesday. CHRIS YOUNG/THE CANADIAN PRESS

"I thought we were terrible in the first half and much better in the second half," said Toronto coach Greg Vanney. "Ironically we scored in the first half and didn't score in the second half."

Sebastian Giovinco, whose influence grew as the game wore on, scored the lone goal in the 43rd minute but could have had several on the night as Toronto fielded a lineup closer to its norm than Vancouver did.

The result means Vancouver needs to score and keep Toronto from doing so at B.C. Place in the second leg June 29. It's not impossible — the Whitecaps came back from two goals down against Ottawa in the semifinal — but it won't be easy. Toronto is not Ottawa and Tuesday marked TFC's eighth shutout of the season.

"It's not what we wanted, obviously we tried to get the away goal," said Vancouver coach Carl Robinson. "But we'll work with it and we'll try to win the game at home. And we know that we need to win the game by two goals. And we need to not give anything up."

Giovinco put Toronto ahead in the 43rd minute. Taking a pass from Mo Babouli, the Italian star hit the accelerator and passed several defenders as he cut inside, making room to rifle a shot from just outside the penalty box that deflected in off defender Kendall Waston.

"A bit fortuitous," Robinson said of the goal. But he conceded the game result was probably fair.

Toronto outshot Vancouver 22-10 (7-5 in shots on target) and had 10 corners to Vancouver's six. THE CANADIAN PRESS

Croatia's Nikola Kalinic rises above Spain's Aritz Aduriz to get his head on the ball on Tuesday in Bordeaux, France. MEHDI FEDOUACH/AFP/GETTY IMAGES

SOCCER

Croatia rallies to stun Spain

EURO 2016 GROUP STAGE

Ivan Perisic scored in the 87th minute as Croatia stunned Spain in a 2-1 comeback victory Tuesday to finish atop of Group D at the European Championship.

Perisic's winning goal gave Croatia its first victory over Spain in 22 years and ended its unbeaten run at a European Championship that stretched back to 2004.

"The team spirit helped us and we were fighting until the last minute," Perisic said through a translator. "I think we can go far now. If we play like this we can go to the very end."

Defeat means that Spain will now meet Italy in the round of 16 at the Stade de France in Saint-Denis. Croatia will play one of the third-place teams in the northern French city of Lens.

It had all started so well for Spain, when striker Alvaro Morata put his side ahead in the seventh minute, redirecting the ball into the net after a shot by midfielder Cesc Fabregas.

Nikola Kalinic equalized just before halftime with a nice back-heel flick that beat Spain goalkeeper David De Gea at the near post after Perisic delivered the cross from the left.

Perisic scored with a low left-foot shot, finishing off a fast counter attack.

In Tuesday's other Group D matchup, Turkey defeated Czech Republic 2-0. Meanwhile in Group C, Germany beat Northern Ireland 1-0 and Poland earned a 1-0 victory over Ukraine. THE ASSOCIATED PRESS

RECIPE Grilled Courgettes With Feta and Chilli

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Zucchini is a surprisingly satisfying base for any vegetarian meal. Simply grilled and topped with soft feta cheese and spicy chilli, it makes a quick, hot dinner or an excellent, chilled lunch the next day.

Ready in
Prep time: 10 minutes
Cook time: 10 minutes

Ingredients
- 2 zucchini, sliced thinly
- Extra virgin olive oil
- ½ - 1 fresh chilli (red or green) finely diced
- ½ cup Feta cheese
- ¼ cup lemon juice
- handful fresh mint, finely chopped
- Salt and pepper to taste

Directions

1. Use a mandolin or vegetable peeler to thinly slice your zucchini. Heat a frying pan or a grill pan with a bit of oil until medium hot, then add the zucchini. Fry quickly for about 2-3 minutes until the zucchini soften.

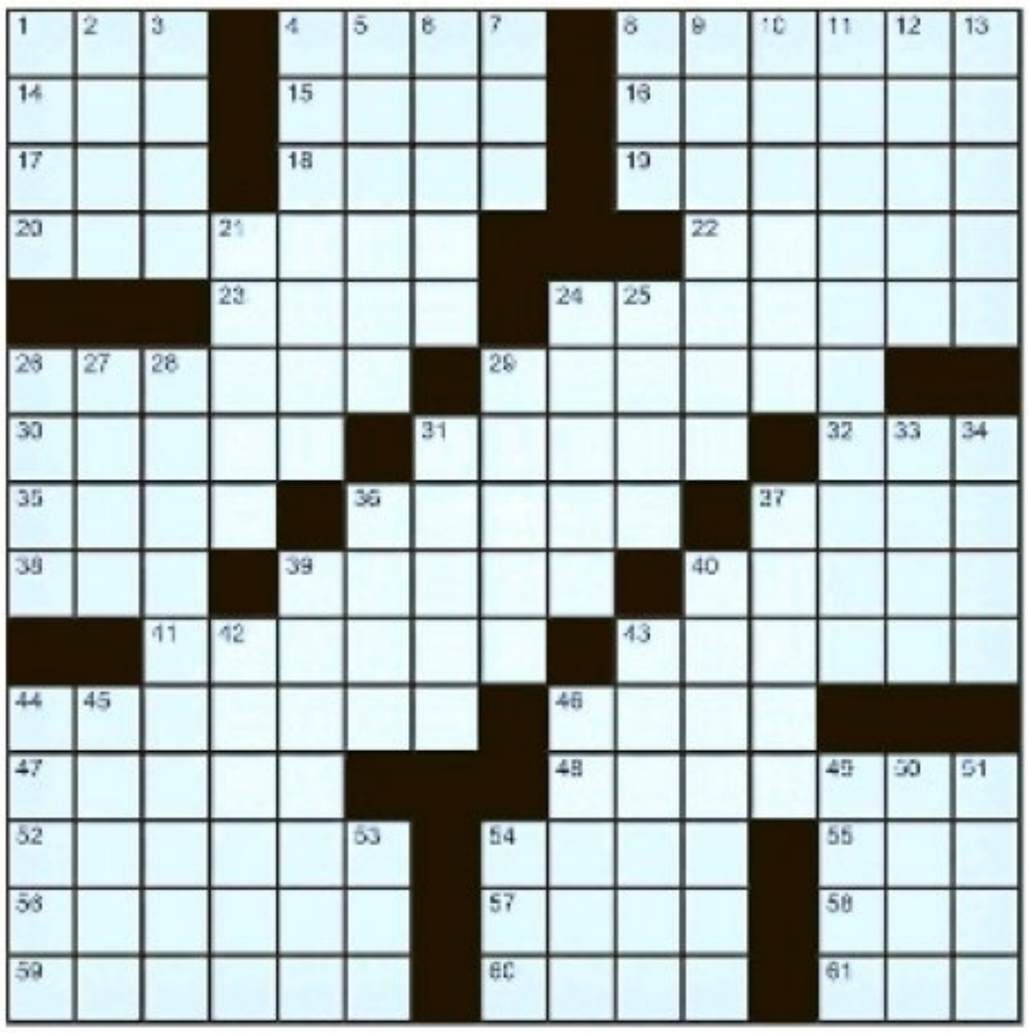
2. Remove from the pan and spread the zucchini out on a plate.

3. Sprinkle the zucchini with the chopped chilli, crumbled up feta cheese, and squeeze the lemon on top. Season, drizzle with olive oil, and sprinkle the mint on top.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Aristocratic assent
4. Type of street, for short
8. Church lecture
14. Be the title holder
15. River to the Ubangi
16. The Plaza Hotel's fictional resident
17. "__ Smart" (2008)
18. Canadian telecommunications firm
19. Beaver-like rodent called a 'river rat'
20. Historic village on Isle Madame in Nova Scotia
22. Challenger
23. Queue
24. World-of-publishing professionals
26. "Ta ta!": 2 wds.
29. Jennifer of "Juno" (2007)
30. Cracked-into-a-recipe ingredient: 2 wds.
31. Non-verbally say "I don't know."
32. Beatles' "Maggie __"
35. "What You Need" Australian band
36. The Association's "__ Comes Mary"
37. Two-moons planet
38. __ Chi
39. Soya milk holder
40. Open the suitcase
41. Non-noisy
43. Canadian auto service company
44. Bruce Springsteen & The __ Band
46. Hoax
47. Kitchen cook's wear
48. Sweetened in a way
52. "Focus" by Ariana __
54. Sweat droplet
55. "__, Captain!"
56. Behind in making that payment: 2 wds.
57. Restaurant's pick of dishes
58. CFL official
59. Forever, to a poet
60. Disguise the gift
61. Approx.

DOWN
1. Lululemon's milieu
2. Spouted water container
3. Opposing
4. Christine __, Resident Chef on "The Marilyn Denis Show"
5. Position the painting properly
6. Uplift
7. Stitch
8. __. Bernie Sanders
9. Dodging
10. Change, as per turns-taking
11. West Edmonton Mall attraction the Crystal Labyrinth is a what?: 2 wds.
12. Wickerwork material
13. Approaches
21. Traditional dance shoes
24. Clears currency
25. Shoppers __ Mart
26. "Il __ porter la croix!": Bit of "O Canada" in French
27. Ms. White, Tony-nominated Canadian choreographer
28. Canadian singer of new tune "Diamond Eyes": 2 wds.
29. 1981 album by The Police: '__ in the Machine'
31. Lean
33. Weather without water
34. Behold
36. Direction on the ocean
37. Boeotian Muse of memory
39. Alberta village, home of the 'World's Largest Pyrogy'
40. On the ___ (Legitimate)
42. Wrinkles wiper-outer
43. Ms. Jensen (Lifestyle expert on "Cityline")
44. Bird of prey
45. Jack __ (Mother Goose character)
46. __ hosiery
49. Handled easily, as a ship
50. Blinkers
51. Adroit
53. 'Carot' completer
54. Premium auto maker

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Guard against the temptation to promise too much to others today just because you want to please them. (And don't exaggerate, because you will be found out.) The fish was how big?

Taurus April 21 - May 21
This is a good day for business and commerce. However, it is easy to go overboard today, so be careful. Don't pay too much for something.

Gemini May 22 - June 21
Today you are optimistic and enthusiastic. Be careful not to overlook details today while doing everything in bold, broad strokes!

Cancer June 22 - July 23
Because you feel sympathetic for others who are less fortunate today, you want to help. You might work behind the scenes using social media or some kind of publicity.

Leo July 24 - Aug. 23
You'll be happy to lend your energy to charitable organizations to help the needy today. This is also a great day to schmooze with others. Have fun!

Virgo Aug. 24 - Sept. 23
Your relations with others, especially in classes, meetings and groups, are upbeat and positive today. This is a good day to set long-range goals, because you are quick to see the whole picture.

Libra Sept. 24 - Oct. 23
You are so smooth-talking today that you will impress parents, bosses, VIPs and the police. (They like your optimism and positive attitude!)

Scorpio Oct. 24 - Nov. 22
In financial discussions, especially about inheritances and shared property, be careful about details. You might be so focused on the big picture that you overlook something small that is important.

Sagittarius Nov. 23 - Dec. 21
Relations with partners and close friends are upbeat and joyful today. It will be fun to sit down with others and plan big projects.

Capricorn Dec. 22 - Jan. 20
To protect yourself, be reasonable in your promises to co-workers and customers at work today. Don't go overboard, which you might be tempted to do. Nevertheless, your enthusiasm is a welcome thing!

Aquarius Jan. 21 - Feb. 19
You might overdo having a good time today — overeating, overdrinking and overspending! Meanwhile, romance swoons dizzily along.

Pisces
Feb. 20 - March 20
You've got big plans to make improvements and repairs where you live. Today is a good day for family discussions about how to improve your home.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	1				5			
8	9	5			4		1	
	4		9	2				
		6		8			9	5
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			2				6	

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

1	5	8	4	7	3	2	9	6
9	3	6	8	1	2	5	4	7
2	7	4	6	9	5	3	1	8
8	9	5	3	2	4	6	7	1
7	4	2	5	6	1	9	8	3
3	6	1	7	8	9	4	2	5
5	1	7	9	4	6	8	3	2
4	8	3	2	5	7	1	6	9
6	2	9	1	3	8	7	5	4

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